

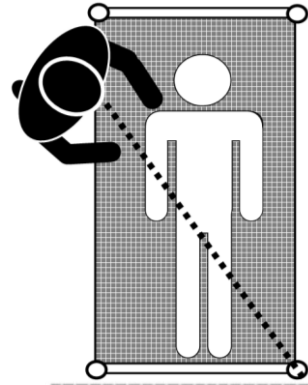
MOVING UP THE BED

4-WAY BED SYSTEM

1 CARER

1

Carer to stand at a 45° angle, with one foot in front of the other.



2

Carer to grasp top sheet.



3

Carer to transfer weight from the front to back foot. Hands to remain on bed throughout movement.

Keep movements small. Do **not** be tempted to move the person up the bed in one movement.



4

Carer to move to the opposite side of the bed and repeat this process until person has been moved up the bed.



- N.B.**
- Ensure bed is at appropriate height for carer.
 - If bed side rails are in situ, lower prior to rolling person on bed.
 - Tuck top sheet under mattress after positioning.